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TELLS DYSPEPTICS WHAT TO EAT

Indigestion and practically all forms of stomach trouble, say medical authorities, are due nine times out of ten to an excess of hydrochloric acid in the stomach. Chronic acid stomach is exceedingly dangerous and sufferers should do either one of two things. Either they can go on a limited and often disagreeable diet, avoiding foods that disagree with them, that irritate the stomach and lead to excess acid secretion or they can eat as they please in reason and make it a practice to counteract the effect of the harmful acid and prevent the formation of excess sourness or premature fermentation by the use of a little Bisurated Magnesia at their meals.

THE WESTERN GUARDIAN

—IT PAYS to buy in this Province.

—THE GUARDIAN is on sale at Lafferty's, Summerside.

—Sheriff Wright, Mr. Lou Hunt, Postmaster, and Mr. A. E. MacLean, Summerside, were in Malpeque Sunday attending the funeral of the late Hon. Peter McNutt.

—HINGES, hasps, lacing wire, staples, feeding and water cans, "old grist mill" biscuit, fox tongs and all fox ranch supplies at Brace's

—"ENGLISH FOX NETTING"—Big shipment 48 x 1 1/2 inch mesh. Phone or mail your orders to Brace's at once.

—"WANTED"—A maid at Clifton House, Summerside. 1463-10-2mf

—"TO LIVE IN SOURS"—Mr. Renie DesRoches of Holman's, Gents Furnishings Department has tendered his resignation. He with Mrs. Des Roches and family will move this week to Souris where he has accepted a more lucrative position. While in town Mr. and Mrs. Des Roches have made many warm friends who will cherish their memories for time to come.—H.

—An interesting event took place on October 6 at the home of Mrs. Mary McDowell, Lacombe, Alberta, when her daughter, Ella M., formerly of Summerside, became the wife of Mr. George Inglis of Edmonton, Alta. They left on a honeymoon trip to Winnipeg and other cities. On their return they will reside at 112th Avenue, Edmonton, Alta.

—"SUMMERSIDE BOARD OF TRADE"—The members of the Summerside Board of Trade met in the Olympia Cabaret Thursday evening for luncheon, after which Board of Trade matters were discussed. Mr. LeRoy Holman President, presided and read telegrams from the Board of Trade to the Marine Dept., at Ottawa and their reply regarding the Bedoue Ferry service. He stated that the matter is about settled and it is expected that the ferry will again be running in a very short time. He stated that the Board is doing all possible to have the double ferry service resumed. With regard to the morning train from Summerside to Boston taking no express car, thus delaying express matter from the West, Mr. Holman stated that the local Dominion Express manager informed him that infuture light express would be carried on the morning train. Mr. Holman and the Secretary Mr. R. H. McDonald, Summerside delegates to the Maritime Board of Trade reported briefly on the meeting. Mr. W. J. Lidstone then moved that votes of thanks be given these delegates to the Maritime Board. This was seconded

—"Mlle. Verlet"—The many who attended the musicale at Happyland Theatre, Summerside, Friday evening were delighted with the program of music rendered by Mlle. Alice Verlet, Prima Donna Soprano of the Paris Grand Opera Company, assisted by Mr. Victor Young, pianist. In a number of selections Mlle. Verlet sang with the Edison Re-Creation of her voice, and Mr. Young played selections on the piano with the Edison Re-Creation of piano solos by Mr. Andre Benoit. In every instance the Re-Creation was indistinguishable from the original and each number of the programme was greatly appreciated by the great audience. The following is the programme:—1. (a) Carole Mome (Rigoletto), Verdi. (b) Carnival of Venice, Paganini; Mlle. Verlet with Edison Re-Creation of her voice. Second Mazurka, Godard, Mr. Young with the Edison Re-Creation of a piano solo by Mr. Andre Benoit. 3. (a) Parla Waltz, Arditi; (b) Carmen Waltz, Wilson, Mlle. Verlet with Edison Re-Creation of her voice. 4. Edison Re-Creation of a performance by Concert Orchestra. 5. (a) Fantasia Impromptu, Chopin. Mr. Young with the Edison Re-Creation of a piano solo by Mr. Andre Benoit. 6. (a) Romeo and Juliet Waltz, Gounod. (b) Bonnie Sweet Bessie, Gilbert. Mlle. Verlet with Edison Re-Creation of her voice. 7. Edison Re-Creation of a male voice. 8. (a) Till I Wake, Amy Woodford Tinden. (b) Sleep My Darling, Mana Zucca; (c) Myl, Edw. MacDowell; (d) From the Land of the Sky-Blue Water, Cadman. (Mlle. Verlet with piano accompaniment by Mr. Young). Near the close of the programme a bouquet was presented to Mlle. Verlet by little Miss Norma Callbeck.—L.

—TWO CENTS PER WORD each insertion for advertising in this column. Cash must accompany order minimum charge twenty five cents.

—"HOSPITAL COLLECTION"—The collection taken at Happyland Theatre, Summerside, Friday evening in aid of the Prince County Hospital amounted to \$72.00.—L.

—"ALL UNPAID ACCOUNTS" due McDonald Drug Co. or McDonald's Limited not paid by November 15th will be handed to solicitor for immediate collection. 1833-10-25M41

—"LOT 28 VICTORY LOAN CANCELLER" will donate percentage of commission on application for bond made through him to some benevolent cause which may be suggested by applicant, as for instance the Prince County Hospital. At home evenings, to make a suitable appointment until close of campaign. Clayton Morrison, Tryon, Candidate Lot 28. 1920-10-29/131.

—"WESTERN PERSONALS"

—"The friends of Mrs. P. L. Bowness will be pleased to know that her condition is such that strong hopes are now entertained for her recovery.—H.

—"Leut. L. J. McDonald, Charlottetown, was an over Sunday visitor with friends in town.—H.

—"Mr. Wilfrid Matthews, Elmsdale, has taken a position in the grocery department of Messrs R. T. Holman Ltd.—H.

—"Rev. Father Monaghan, Miscouche, was a visitor to town on Saturday.—H.

—"Miss Hattie Huestis of Summerside left on Friday morning for Boston, Mass.—L.

—"Baggage Master Peters and Mrs. Peters, Summerside, returned home on Saturday evening after spending two weeks holidays with friends at Matapedia, Montreal and other points in Quebec.—H.

—"The Hon. David McDonald, Fort Augustus was an over Sunday guest of his brother Rev. J. J. McDonald, Summerside.—H.

—"Mr. and Mrs. John A. Murray of St. Eleanor's have returned home after two weeks visit to their daughters Mrs. Willard McDowell and Mrs. Alfred Carew, Glen Valley.

—"Mr. and Mrs. J.L. Crouse and son Lloyd George who were spending summer at his wife's parents, Mr. and Mrs. George Wallace of Alma, have returned to their home in Wollaston, Mass., being accompanied as far as Border by her sister Mrs. J. A. Callahan of Elmsdale.

—"A STARTLING REVELATION." (From "Gerard's Talk of the Day" in the Philadelphia Press.) The war proved us a nation of strong hearts but weak eyes. Our young men were eager to fight, but a large part of them couldn't see well enough to hit a Hun. Defective eyes turned down twenty-two out of every one hundred men who were rejected by physical shortcomings for the army. Bad teeth came second and kept out of uniform 8 1/2 in each 100 who were rejected. Thus almost a third of all those many thousands of men ranging in age from twenty-one to thirty-one who could not get into the army were "victims of eye and tooth. And doctors declare that two-thirds of all these unfortunate suffered needlessly. What a price to pay for neglect!

—"America must blush for the fact that 34 out of every 100 of its young recruits were physically not up to the army standard. Medical authorities further say that over 50 in each 100 of those ranging in age from thirty-one to forty-five would have been turned down as unfit. Nature is more or less responsible for your heart, but your dentist is responsible for your teeth and your oculist for your eyes. But a bad heart—a supposedly defective thing—only rejected one draftee or every five who cannot see and eat properly. Was there ever a bit of better propaganda for preventive measures as applied to the human frame. 'Tis an old maxim that "What can't be cured must be endured," but it is foolish for a rich nation to go on enduring something which can easily be cured.

Arab Horses Win Endurance Test

Under American army cavalry conditions an endurance contest has just concluded at Camp Devins, Mass., which will attract the attention of horsemen and cavalry authorities in all parts of the world. The test was undertaken to learn what horses shouldering weight such as cavalry mounts might be expected to carry on active service would travel 200 miles and show the least signs of fatigue. It was not a race in the sense that the horses were to be hustled to their utmost, but was a contest that the Humane Society might have approved, for if a horse showed serious distress he would not be allowed to continue. Nor was it an effort to learn how far a horse would travel in a day. The rules of the competition did not permit more than a 60-mile journey, and each horse had to complete the daily stage in from ten to twelve hours. In other words if a horse was capable of doing his sixty miles in eight hours, it would be of no benefit to him. On the other hand, if he happened to be an animal whose favorite gait was three miles an hour which he could keep up for the 24 hours he would be ruled out.

All Winners Arabs

About a score of horses were entered, and the first five to finish were Arabians or part Arabians. This will prove a disappointment to the admirers of the thoroughbred, who insist that their favorites can beat an Arabian at any distance from a hundred yards to a hundred miles. The test was not a conclusive one in so far as the thoroughbreds are concerned, for there was only one of them entered. The others were either Arabs, grade Arabs or Morgans, the latter being a trotting breed especially cherished in the New England States and great favorites in parts of Canada as well. The winner turned up in the ten-year-old mare Ramla, a cross-bred Arab, a grade Arab eight years old, and the third was Kheyra, another grade; aged eight. It is also worth noting that the winner is only 14.25 hands, a mere polo pony in height, while Kheyra is an inch taller and Kheyra but another inch. All the horses would be considered small, but the Arabians are smaller than the thoroughbreds, while the Morgans are preferred not much in excess of 15 hands.

Feed Consumed a Factor

In the five-day trip the winning horses lost from 40 to 70 pounds, which is not excessive in view of the fact that they carried a minimum of 200 pounds. It must be assumed that the horses were not trained for this contest as thoroughbreds are trained for a race. Their riders would have left some of the flesh to be worked off in the contest instead of sending them to the post wire-train. An important feature of the contest was the amount of feed consumed by the horses. Those that did their work comparatively little grain and finished in good condition would naturally be given a preference over those that were heartier feeders, for one of the most desirable features of a cavalry mount is his ability to do his work with the minimum of forage, since in war conditions he might be carrying his rider through a country where grain was scarce. The horses were fed at given stations, and their allowance measured. They were given all the water they wanted to drink wherever their riders chose.

Other Endurance Tests

Last year there was a somewhat similar test of the Arabian horses, supervised by army officers, in New England. The route was 162 miles over muddy roads, and the horses carrying 200 pounds finished in the good time of 31 hours 9 minutes. Twenty-four hours later they were inspected by a veterinarian, and pronounced to be in first-class condition. Shortly before the war the French army conducted an endurance contest from Biarritz to Paris, a distance of 700 miles. From Biarritz to Limoges a distance of 440 miles, over difficult country, was little more than 60 miles a day. The 250 miles in forty-eight hours, a remarkable performance, was a half-bred Arabian, while the particular breeding at all and looked more like a drafter of the light type. A thoroughbred finished fifth. It is interesting to know in these grades and crosses what other blood, beside Arab enters into the bred blood, then the thoroughbred

DOLLAR DAY BARGAINS ON THE FOLLOWING GOODS AT WHOLESALE PRICES OCTOBER 30TH

- Horse Rugs Sask. Robes Fur Robes Fur Coats Cloth Coats 20 p.c. Discount
- Wagons Buggies Road Carts Harness Seal Wraps 20 p.c. Discount
- Potato Diggers Truck Wagons Cart Wheels Walking Plows Gang Plows 15 p.c. Discount
- TERMS NET CASH
- Motor Robes Motor Wraps Rubber Aprons Firemen's Coats Slicker Coats 20 p.c. Discount
- Brans Shorts Oil Cake Cotton Seed Schumacher Sugar Beet Cornmeal Cracked Corn Feed Wheat Rolled Oats Beaver Flour Royal Gold Flour Victory Flour Special prices on the above Flour in 5 and 10 bbl. lots, and Feed in ton lots or more.
- Root Pulpers Root Slicers Grain Grinders Grain Crushers Wheelbarrows 20 p.c. Discount
- Churns Washers Wringers Stanchions Feed Boxes 10 p.c. Discount
- DOLLAR DAY ONLY

Don't fail to call and see us on DOLLAR DAY and Save Your Dollars by taking advantage of the Special Discounts we are offering.

A. HORNE & CO.

KENT STREET TAKE GOOD ADVICE. BUY VICTORY BONDS

should be entitled to equal credit with the Easterner.

Cruel Tests In 1908 there was another notable competition by the Austrian cavalry in which 79 riders took part, the course being from Budapest to Vienna, a distance of 143 miles. The winner was a small Arab, which covered the distance in 16 hours 38 minutes. Several horses died by the way. Another brutal test was that which German and Austrian officers put their horses in a race from Berlin to Vienna, 350 miles. The winner finished the course in a little less than 72 hours. Here again many horses were ruined by the race. The first two to arrive died, and several others were permanently disabled. This contest was a mere long distance race, and useless as a cavalry test, for some of the horses carried not much more than a hundred pounds, and the roads were of the best. It is not in such conditions that horses may be expected to play any particular part in the wars of the future, but rather over country where motors could not travel, and carrying at least an average man's weight, with equipment, which cannot be much less than 180 pounds.

OVERLOOKING ENVIRONMENT When there is a good crop in the West the people are inclined to go south for the winter, many country

appointments close, the money is spent, the banks commence financing the farmers against the next harvest, and there is little hope of having religious services or gifts during the winter months. It is in the face of such possibilities that the Alberta and Saskatchewan districts enter in the campaign. The leaders trust in God and in the good will of those who will remain on the prairies for the winter. The meetings in connection with the spiritual aims are already being arranged. Swift Current and Assiniboia districts are added now to Oxbow and Shaunavon, where last week we reported a hopeful spirit even among those whose grain was burned out. "The men are manifesting the characteristic Western spirit, and, as the Objectives Committee has made allowance for the crop failure, these districts are accepting their appointment with good spirit," writes an official from Southern Saskatchewan. The material conditions of life are against the campaign, but spiritual optimism will have its way.

FIRE INSURANCE A NECESSITY

Then insure in good strong stock companies, which never contest an honest claim such as is represented by.

E. R. BROW Charlottetown

CATARHIAL DEAFNESS MAY BE OVERCOME

If you have Catarrhal Deafness or are even just a little hard of hearing or have head noises, see to your druggist and get 1 ounce of Parmitin (double strength), and add 4 pints of hot water, and a little granulated sugar. Take 1 tablespoonful four times a day. This will often bring quick relief from the distressing head noises. Close the eyes, should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone losing hearing or who has catarrhal deafness, or head noises should give this prescription a trial.

Dr. DeVan's French Pills

Restores Vim and Vitality; for Nerve and Brain; "Grays Matter;" a Tonic will build you up. 25 a box, or two for \$5, at drug stores, or by mail on receipt of price. The Scottell Drug Co., St. Catharines, Ontario.

PHOSPHONOL FOR MEN

Restores Vim and Vitality; for Nerve and Brain; "Grays Matter;" a Tonic will build you up. 25 a box, or two for \$5, at drug stores, or by mail on receipt of price. The Scottell Drug Co., St. Catharines, Ontario.

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That we operate the only Lens Grinding Plant on P. E. Island? That we employ a skilled Surface Grinder, and are daily grinding from the rough glass—the most complicated kinds of lenses? Those are facts, which mean a good deal to the Glass wearing public, doing away with the annoying delays caused by sending away for special lenses.

Send your glasses in by mail, you'll get them back promptly and in perfect condition.

Call in and look over our plant.

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Clearance Sale Of three Dinner Ware Patterns REAL BARGAINS

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A careful selection of every line of Jewelry marks our stock.

We will be pleased to have you call.

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Nature's Remedy TABLETS GET A 25c BOX For Liver Ills. E. A. Foster, Central Dispensary

